



# St. Teresa's Morden

Canon Michael Scanlon, KHS Parish Priest

Pastoral Assistant: Mr. Con Diver

Parish e-mail address: [morden@rcaos.org.uk](mailto:morden@rcaos.org.uk)

250, Bishopsford Road, Morden. SM4 6BZ. Tel. 8648 4113

<https://www.stcm.org.uk>



Our Church is open for Mass weekdays at 10a.m., on Saturdays at 5.30p.m. and Sundays at 9a.m. and 11a.m.  
Please see the Mass Attendance [Protocols](#) below

## Mass Times and Intentions-Year B:

### **Sunday 3<sup>rd</sup> January**

5.30p.m. Vigil Mass- Chris George & Family

9a.m. Knights & Dames of the Holy Sepulchre of Jerusalem (KHS)

11a.m. For the People of the Parish

### **Monday 4th January**

10a.m. Baby Angelika Hobbs Family

12pm Funeral to take place at North East Surrey  
Crematorium

### **Tuesday 5th January**

10a.m. For the Intentions of the Coyle Family

### **Wednesday 6th January- Epiphany of the Lord**

10a.m. For the People of the Parish

### **Thursday 7th January**

10a.m. For the Intentions of Gabriel Gordon

### **Friday 8th January**

10a.m. For the Intentions of Kevin McGowan

11.30a.m. Funeral Mass for Irene Ward

1.20pm Funeral to take place at North East Surrey  
Crematorium

### **Saturday 9th January**

10a.m. For Your Special Intentions – ONLINE only

5.30p.m. Vigil - Kay Daniels & Family

### **Sunday 10th January**

9a.m. November Deceased List & Bereaved Families

11a.m. For the Parish Family



St Teresa's School, Montacute Road, Morden.

Tel No 020 8648 1846

Headteacher; Mr Justin Dachtler.

Merton Catholic Deanery

[www.mertoncatholics.org.uk](http://www.mertoncatholics.org.uk)

## COVID-19

As we move into Tier 4 Masses will continue to be celebrated as normal, however, the parish office will now be closed until further notice.

### LOOKING AHEAD

#### Christmas Offerings

Your donations until the Feast of the Epiphany will be your personal gift to Canon Michael and can be left in the Donation Boxes on the Sanctuary steps. Thank you.

### *The Angel said to them: “do not be afraid” (Luke 2.9)*

Peace be with you and your family. This Christmas all of us are worried and concerned about what the impact of the coronavirus may have on us. It's been a year of hurt and heartbreak for many up and down the country. We have seen the tears of families around the world and on our own doorstep. Our hospitals and emergency front line workers have been fantastic. We owe them a great deal and we will continue to keep them in our prayers.

Our parish Christmas Masses are usually packed out. This year was different. Our traditional family and parish community gatherings were restricted, attendance at Holy Mass curtailed and many remain isolated in their homes for fear of the coronavirus. Since March, we have lived with the darkness of a pandemic that has drastically changed our lives. The good news in recent weeks has been the rollout of the Virus Vaccine. We thank our scientists and manufacturers of the vaccine for the speed in which we hope the sons and daughter of all nations will soon benefit from.

In spite of lockdowns and now Tier 4 the spirit of the season has not been lost. Driving around, we see people continue to decorate our churches, homes, stores and streets with colourful lights, tinsel, ornaments and Nativity scenes. Young children are looking forward to Santa's visit. Our schools to their credit have been on the front-line supporting children and families.

It's good to see many people wearing their mask while shopping to protect the lives of strangers and loved ones alike.

Our Masses will be online with limited numbers because of social distancing seated in our parish church. For us Catholics the true meaning of Christmas cannot be lost. The heart of that spirit is Christ, The Light of the World (Jn 8:12). The Holy Angel also says to us: “*DO NOT be afraid.*” Trust in God still. Yes, these are worrying times, scary times, the pandemic is still with us. Its darkness still haunts us. That darkness has not dimmed the Light that Christ brings. He strengthens us with the gift of hope that reminds us of the marvellous promises God has made to those who trust in Him and who depend on Him.

Christ Jesus continues to be the source of our strength, endurance and life. In his infinite love, God sent Christ, The Emmanuel who is “God with us” (Isaiah 7:14) to strengthen our faith in the Divine Son who became man for us except for sin and for our salvation. His loving and saving presence assures us we are not alone. He comes to heal our afflictions, calm our anxieties and give us hope for better days, which the New Year may bring.

The Light of the Lord, the Light of Christ is not just for ourselves. Christmas gives us the opportunity to share the Light of Christ with others. The Lord wants us to be his ambassadors, his apostles of light in these difficult times. To be a source of charity, outreach, and love for others is a

gift we can share so that our blessings can be a blessing to our brothers and sisters especially those most in need.

These days of Christmas and the holy season that follows are priceless. We want, we invite Christ to be born again in our hearts this Christmas. Our families need Him! Our nation needs Him! The whole world needs Him! Open the door to the Light of Christ, cry out in prayer – “Jesus I trust in You”. Call on Mary, call on the Mother of Our Saviour, call on her for help and support as you journey into 2021. Don’t forget Saint Joseph, our friend in Heaven. Jesus wants you to love Saint Joseph, Our Lady wants you to love Saint Joseph. They both want this so that your virtue and holiness may increase. In now this year of Saint Joseph, seek his help, seek his blessing – you will be following in the footsteps of Saint Teresa, her saintly parents Louis and Zélie and Saints down through the ages.

*God Bless and Merry Christmas.  
Blessings as you journey into prayer in the year ahead.  
Please pray for your priests and for our parish.*

## **CRIB MONEY**

Please try and give a little if you can. Please send in and, if you wish your donation marked “My Crib Donation.” Last year’s donation helped to support a blind school for young children in Bethlehem. The Equestrian Order of the Holy Sepulchre of Jerusalem (KHS) does all it can to help the Catholics and Christians of the Holy Land. This year the Holy Land and its Christian faithful is suffering. The economy has nearly collapsed. Pilgrims are rare. Health issues are surfacing. There are many projects crying out for support. We – the Knights – for example support the Latin Patriarchate. By doing so we are helping to maintain schools in Palestine, Jordan and Israel. 18,000 pupils of whom 60% are Christians and 40% non-Christians are relying on us every year to help out. Such ‘mixed-faith’ schools are beacons of hope for those children’s future.

In Jordan, the Patriarchate through its schools, the local Christian Community and its social support services has had to respond in love and charity to aid those fleeing the conflicts and religious persecution across the Middle East. They all need our help. Both today, and tomorrow: the need to support them remains. It cannot be understated, nor should it be forgotten. Thank you for your prayers and financial support.



*“Around Jesus’ crib the Angels sing peace. And those who believed the heavenly message and honoured Him were filled with glory and joy. As it was then, so it will be throughout the ages. The story of Jesus is evergreen. Blessed is the one who understands and finds in Him grace, strength, and blessing.”*

(Pope St. John XXIII – Christmas Homily, 1962)

*My Dear People,*

*This year has been like no other. It will go down in the history books as a year that has challenged every nation, every family, every hospital, every community.*

*I hope you have managed to cope reasonably well. You have been at the heart of our parish prayer and will continue to be as we journey into the New Year.*

*This Christmas, there is great sadness many who were with us last year have been called to meet their Saviour. They leave us with our prayer for their soul. Our Masses commend them to God's Love and Mercy. Our Memorial Mass will send their names called out to God. We invite our bereaved families to join us on Sunday 27<sup>th</sup> December for our Holy Hour (4.15pm) and the extra Sunday Mass 5.30pm.*

*Each family will be given the chance to bring forward a special candle just before we begin the Mass. This Memorial Mass on the Feast of the Holy Family will also be live on the internet. All our Masses over the Christmas will be live on our parish website.*

## **ST. JOSEPH**

Wonderful News: Pope Francis proclaims a yearlong celebration dedicated to Saint Joseph.

Marking the 150th anniversary of Saint Joseph being declared patron of the Universal Church, Pope Francis proclaimed a yearlong celebration dedicated to the Foster father of Jesus.

In his apostolic letter given on the feast of the Immaculate Virgin Mary, PATRIS CORDE ("with a fathers heart"), Pope Francis said Christians can discover in St. Joseph, who often goes unnoticed, an "intercessor, a support and guide in times of trouble".

St Joseph reminds us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation. "A word of recognition and of gratitude is due to them all", he said.

Our parish over these past few months has sought St. Joseph's blessing and we consecrated ourselves and the Parish to his intercession. Petitions at his shrine are bringing his help and intercession. As a parish we will continue to seek his powerful support. Our diocese led by Archbishop John will in due course suggest ideas how we can invoke St. Joseph's help and honour him now in this very special year ahead.

If you get a chance to read and reflect on the link here, please do so. *It is a powerful message to us all.*

[\*\*Apostolic Letter Patris Corde of the Holy Father Francis on the 150th Anniversary of the proclamation of Saint Joseph as Patron of the Universal Church \(8 December 2020\) | Francis \(vatican.va\)\*\*](#)

Pope Francis also highlighted St. Joseph's "creative courage," not only in finding a stable and making it a "welcoming home for the Son of God (who came) into the world," but also in protecting Christ from the threat posed by King Herod.

"The Holy Family had to face concrete problems like every other family, like so many of our migrant brothers and sisters who, today, too, risk their lives to escape misfortune and hunger. In

this regard, I consider St. Joseph the special patron of all those forced to leave their native lands because of war, hatred, persecution and poverty," the pope said.

As a carpenter who earned "an honest living to provide for his family," Christ's earthly guardian is also an example for both workers and those seeking employment and the right to a life of dignity for themselves and their families.

"In our own day, when employment has once more become a burning social issue, and unemployment at times reaches record levels even in nations that for decades have enjoyed a certain degree of prosperity, there is a renewed need to appreciate the importance of dignified work, of which St. Joseph is an exemplary patron," he said.

The Apostolic Penitentiary, a Vatican tribunal that deals with matters of conscience, also issued a decree **December 8** stating that plenary indulgences will be granted to Catholics not only through prayer and penance, but also through acts of justice, charity and piety dedicated to the foster father of Jesus.

**Among the conditions for receiving an indulgence are a spirit detached from sin, receiving sacramental confession as soon as possible, receiving Communion as soon as possible and praying for the Holy Father's intentions.**

**However, the decree also highlighted several ways to obtain the indulgence throughout the year, including to those who "meditate on the prayer of the 'Our Father' for at least 30 minutes or take part in a spiritual retreat of at least one day that includes a meditation on St. Joseph."**

As a "just man," the document continued, who guarded "the intimate secret that lies at the bottom of the heart and soul," St. Joseph practiced the virtue of justice in "full adherence to the divine law, which is the law of mercy."

"Therefore, those who, following the example of St. Joseph, will perform a corporal or spiritual work of mercy, will also be able to obtain the gift of the plenary indulgence," it said.

**Indulgences will also be granted to families and engaged couples who recite the rosary together and thus imitate the "same climate of communion, love and prayer lived in the Holy Family."**

Other acts of devotion include entrusting one's daily activities and prayers for dignified employment to St. Joseph, reciting the litany or any "legitimately approved" prayer to St. Joseph.

**During this time of pandemic, the Apostolic Penitentiary also decreed that special indulgences will be granted to the elderly, the sick and all those who "for legitimate reasons are prevented from leaving their home" by "reciting an act of piety in honour of St. Joseph and committed to fulfilling the conditions as soon as possible."**

We will put prayers on our website on a regular basis to honour St. Joseph.

Remember, you can also send in your petitions to our shrine to Saint Joseph. We will during the course of the year also celebrate Votive Masses in his honour - you will be remembered in those Holy Masses.

Dear Friends, go to Joseph! Pray to him and ask for his guidance and protection for yourselves, your families and for the Church. Imitate St. Joseph in his virtues, his fidelity, his constancy, his love, his gentleness, his strength, his courage and his faith.



*St. Joseph, patron of men, of husbands and fathers pray for us!*

*Pray for our Parish Family,*

*St. Joseph, patron of workers, pray for us!*

*St. Joseph, protector and guardian of families pray for us!*

*St. Joseph, patron and defender of the Universal Catholic Church, pray for us!*

*Pray for us,*

*Amen.*

### **St. Joseph, Hope of the Sick, Pray for Us**

God has healed many people through the intercession of Saint Joseph, such as Saint Teresa of Avilla. Saint Teresa of Lisieux would have died in infancy were it not for the intercession of Saint Joseph. Her mother and father now Saint Louis and Saint Zélie implored and prayed before his statue for his help and his powerful blessing.

As a parish family and those who join us on-line, we pray day in and day out for the sick and housebound. We pray for all who carry the cross of suffering around the world and we pray for the following:



Joseph Lunn, Maureen Smith, Jean Lue, Ruba Santipillai, Frank Mendonça, Baby Alexander Lynch, Erika Geddes, Denise Waaldjk, Lena McBride, Valerie Sommerset, Kevin Mooney, John Mooney, Angela Patcheye, Leonard Paice, Michael O'Kelly, Kevin and Margaret Peacock, Justin Roberts, Alan O'Leary, Bill and June O'Keefe, Gerry Gillan, Leonard James Connolly, Thea Haddad, Nora Williams, Margaret Lahy, Brian Wratten, Ann Van Essen, Bella Harding, Eileen Stevens, Dave Herreris, Gabriel Lyons, Sylvester Forya, Michael and Madge Durkan, Jocelyn De Silva.

We also have two young mothers in our parish who have recently been diagnosed with cancer, we are keeping them in prayer – please keep them in yours.

## **ST TERESA'S SCHOOL**

We send every blessing to St Teresa's school, to the Headteacher, staff, governors, pupils and families who have been at the front line supporting one another through a very tough and difficult year. We wish them a safe and peaceful Christmas.

## **PARISH SUPPORT**

To all those who support parish life at St Teresa's and support each other – THANK YOU! and Christmas blessings to you and your families at this special time.

It is the effort of so many people who keep the parish going all year round, so Thank YOU to the PPC, all Catechists, the Sacramental Programme groups-First Holy Communion, Confirmation, and Baptisms. To all those who have served on the Altar and read at Mass. To the flower arrangers, cleaners, especially Simon during these restricted times, the finance team, Con and family for overseeing all the maintenance works so greatly needed. The Legion of Mary, who sadly have lost three members during these past months, to Margaret for the consistent dedication over the years in the parish office and all those involved in producing the newsletter. To Denys for supporting and maintaining the parish website- a lifeline in these times, the SVP, the parish re-opening team and all those who take an active part in the life of St. Teresa's parish.

*May God's Blessings be yours this Christmas.*

## **IRENE WARD, R.I.P**

Requiem Mass Friday 8<sup>th</sup> January 11.30am

In the early hours of the first Sunday of Advent Irene gave up her soul to God. She was ready for eternal life, Fr. Philip the hospital chaplain blessed her and gave her the Last Rites just hours before she left for heaven.

Irene was a much-loved character in the life of our parish. Her humour, her smile, her prayerfulness endeared her to many. She lived just across the road she loved to gaze out her window and connect in prayer with the Lord's presence. She became a Catholic more than 15 years ago. With Fr. Joe Gill's encouragement, she joined the choir, the Legion of Mary, helped out with parish functions. She gave of her time willingly and appreciated the love and support of the members of the parish family. A word of thanks to those who kept an eye on her in recent times. Irene, always appreciated your visits, your phone calls, and your spiritual support. Irene took her faith seriously. Her home was a shrine to the Sacred Heart, the Immaculate Heart, holy pictures filled her home alongside those of her family. Now she heads to the family of Heaven, she goes with our love, our blessings, our rosaries prayed for her and remembrances of her in our holy Masses.

*May she Rest In Peace and Rise In Glory. Amen.*

## **St Teresa's Primary School - Nursery places for January 2021**

We have a limited number of places still available in our Nursery for January 2021, either full time (30 hours +) or 15 hours.

If you are interested in applying and your child (They need to be 3 years old before 31st December 2020), please contact Mrs Lorraine Isaac for more details, on 020 8468 1842 option 2 or email her at [admissions@st-teresas.merton.sch.uk](mailto:admissions@st-teresas.merton.sch.uk).

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### **Please Be Aware.**

At this time, there is an increasing risk of cybercrime and online fraud. If you ever receive an email stating a change in bank account details purporting to be from the Archdiocese or from any of the diocesan parishes, please contact the diocese immediately by telephone on 020 8682 7880 in order to verify that the email is genuine and not a scam.

### **Sunday Collections and Donations**

During the current situation, we would like to say a huge THANK YOU to the many of you who have kindly signed up to **standing orders**. This is so much appreciated and valued. If you wish to contribute by cheque in lieu of plate collections, this can be sent to the presbytery: St. Teresa's Church, 250, Bishopsford Road, Morden, Surrey, SM4 6BJ. They may be made payable to St. Teresa's Catholic Church.

Our thanks to the families of Maureen Deb and Theresa Bearn for their generosity and thoughtfulness for the kind donation of £1,000 each in honour of the memory of Maureen and Theresa.

*May God bless you and may their souls Rest In Peace and Rise In Glory.*

Many thanks to those of you who have so kindly offered to set up standing orders in lieu of our Sunday plate collections. This is a most convenient method of planned giving (for all concerned); already used by so many at Morden – and is vitally important at this time. Regular standing orders can be for any amount, no matter how small – just give what you can afford. Please send a written request via the parish office with contact details.

We will be happy to receive any offerings directly by on-line banking or by [standing order](#), which can be arranged through your bank, or by using the [DONATE](#) link here or on the parish website.

### **Do You Gift Aid?**

The value of your donation can be increased by 25% at no extra cost to yourself, simply by gift aiding it if you are a taxpayer. The parish learns nothing about your private financial affairs. The average weekly collection between plate and standing orders, is approximately £2,400 a week. If only half of that was GIFT AIDED, it would mean an extra £300 a week, or £15,600 a year to Parish funds. We are genuinely grateful to those who are Gift-Aiding. If you haven't been doing so, please print off a Gift Aid form from the parish website. At the present time the parish income is down about £5,000 each month. Hopefully, when parish life returns to normal, we will soon see these financial worries and concerns disappear.



### **Basic Government Advise on Face Coverings/Masks at Mass**

Face coverings are mandatory now in places of worship. Many of you already attend Holy Mass wearing one – Thank You!



From now on at St. Teresa's all who attend Mass or any other service must wear a face covering, unless they are exempt from doing so. This is for the good of all who gather in the Church for Mass, as it is an enclosed public space where there are people from different households who do not normally meet.

## **Mass at St. Teresa's**

### **St. Teresa's Parish General Protocols**

The Cardinal and the Archbishop wish to reassure you that THE DISPENSATION of the faithful from the obligation to attend SUNDAY MASS remains in place for the time being. NO ONE IS OBLIGED to attend Holy Mass whilst dispensation is in effect.

- All Sunday and Weekday Masses will continue to be Streamed Live on the Internet via the usual link.
- Attendees and volunteers from demographic groups at a greater risk of serious illness, such as people 65 years of age or older and individuals with chronic medical conditions, are encouraged to stay safe by avoiding public gatherings, but are not prohibited from attending Mass if they so choose.
- Anyone attending Mass does so at their own risk.
- All attendees are strongly encouraged to wear a mask before entering the church, until they leave. Each person should bring their own masks.
- Another reminder: ANYONE who has even the slightest symptoms or feelings of sickness must remain home.
- THE MAXIMUM CAPACITY, (at this time), at Holy Mass is JUST 40 to be compliant with physical distancing guidelines issued by The Bishop's Conference and the Government
- Until further notice: Our Parish will adopt a FIRST COME, FIRST-SERVED approach at all our Masses.
- Please watch out for signage. Separate points of entry and exit will be clearly designated.
- We are required to keep a register of all attendees. So please put your name, address, contact telephone number, email address (if applicable) and the Mass you are attending on a piece of paper which you will hand in on entrance to the church.
- All attendees will be directed to their own special seat so as to monitor occupancy.
- Two benches will be designated for families.
- Infants and children should remain with their parents AT ALL TIMES.
- It is O.K. to wear disposable gloves. Those cleaning or altar cloths, replenishing candles or handling the parish collection should wear disposable gloves.
- We will have one point of entry in order to control the number of people entering. Once the maximum number of attendees is reached, no one else will be allowed entry.
- Doors will be locked until 25 minutes before Mass begins.
- If weather permits, all doors will be propped open before Mass as you arrive so that you do not need to touch the handles or doors to enter.
- At the end of Mass, exits will be signposted and indicated by the parish priest to expedite the guided departure and minimise chances of people encountering one another. In all cases, PHYSICAL DISTANCING MUST BE OBSERVED.
- I will be delighted to see you back, but please note that I must refrain from greeting you personally at the end of Mass. I must not impede or delay the orderly and rapid departure of you and your family.
- The Parish Church is closed at the end of each Mass for a special cleaning. Our thanks to the parish team.
- Please be aware that there will be NO toilet facilities.

### **SAFETY**

- Physical distancing of 6 feet or 2 metres is in place at all times and in all directions between people who are not of the same household.

- You will be led by a team member to your seat – please do not move or swap seats.
- Reminder – Volunteers and ALL members of the congregation should use the Medical Guidelines that have been issued before attending Mass. If you have ANY symptoms, such as a cough, fever, shortness of breath, runny nose or sore throat, please stay at home.
- All team members, welcomers and participants – please wear your own personal shield or mask.
- All who attend must observe proper hand hygiene from the point of entry, whilst inside and upon exiting the church.
- Hand sanitising stations are available by the doors of the church.
- Hand washing with soap and hot water for at least 20 seconds (say a prayer) is also strongly encouraged before arriving for Holy Mass.

## **HOLY MASS**

These are some of the main points to note:

- Sacred Vessels will be purified and washed by the parish priest after Mass. This reduces the risk and need to have sacristans and Eucharistic ministers in the sacristy.
- No singing of hymns at this time. SORRY!
- Entrance and recessional processions are omitted. There will be a simple entrance by the priest.
- There will be only one lector and one reading.
- No Altar Servers so as to minimise the risk of exposure and to properly maintain physical distancing at all times.
- The chalice, paten, ciborium, cruets and lavabo will be on a small table beside the altar.
- Your parish priest will not be wearing a mask during the Liturgy of the Eucharist; therefore, all ciboria will be covered at all times. He will wear a visor if and when he distributes Holy Communion.
- No presentation of gifts will be made.
- No collection is taken up during the Mass. Instead, bins/baskets will be at strategic points for the faithful to make their offerings at the end of Mass. Secure vigilance will be in place over the donations.
- There is no Sign of Peace.
- There will be no Holy Water in fonts.
- All hymnals, missalettes, pew cards, pencils, donation envelopes and other loose items will be removed.
- Newsletters are only available on-line at the parish website.

## **Regarding the Distribution of Holy Communion:**

- The individual attestation at the distribution of Holy Communion (“The Body of Christ, R:Amen) is eliminated. Instead, one general announcement (“The Body of Christ”) will be made by the parish priest, and one general response (“Amen”) is to be made by one and all before distribution begins. Then each person who wishes to receive the Blessed Sacrament comes forward in procession at a safe distance and receives in silence.
- The Precious Blood will not be distributed at this time.
- Holy Communion may only be received in the hand.
- For the common good, our Bishops around the world acknowledge that Communion on the tongue is the right of the faithful, ask you please receive ONLY in the hand until further notice. Thank you for your understanding and support.
- When needed, Ministers of the Eucharist may be invited to officiate at Holy Communion time. If called upon, Ministers of Holy Communion must sanitise their hands immediately after receiving Communion BEFORE distributing Holy Communion to the faithful. They must also sanitise their hands immediately after distribution.

Should you have any questions regarding this information please reply by email: [morden@rcaos.org.uk](mailto:morden@rcaos.org.uk) or call our parish number: 020 8648 4113

## **PERFECT CONTRITION AND SPIRITUAL COMMUNION**

What to do if you cannot go to Confession or Holy Communion due to the COVID-19 coronavirus:

If you have to self-isolate or are quarantined, you will be unable to receive the sacraments as normal. In these circumstances, there are devotions through which you can receive absolution for your sins (under certain conditions), and the consolation of Eucharistic grace.

The following devotions are officially encouraged by the Church and have been practised by saints.

### **How to make an Act of Perfect Contrition**

Through an act of Perfect Contrition, you receive pardon for your sins outside of confession, even mortal sins, on condition that you are determined to amend your life and make a firm resolution to go to sacramental confession as soon as this becomes possible for you.



Perfect Contrition is a grace from God, so sincerely ask for this gift throughout the day prior to making your act of contrition: *'My God, grant me perfect contrition for my sins.'*

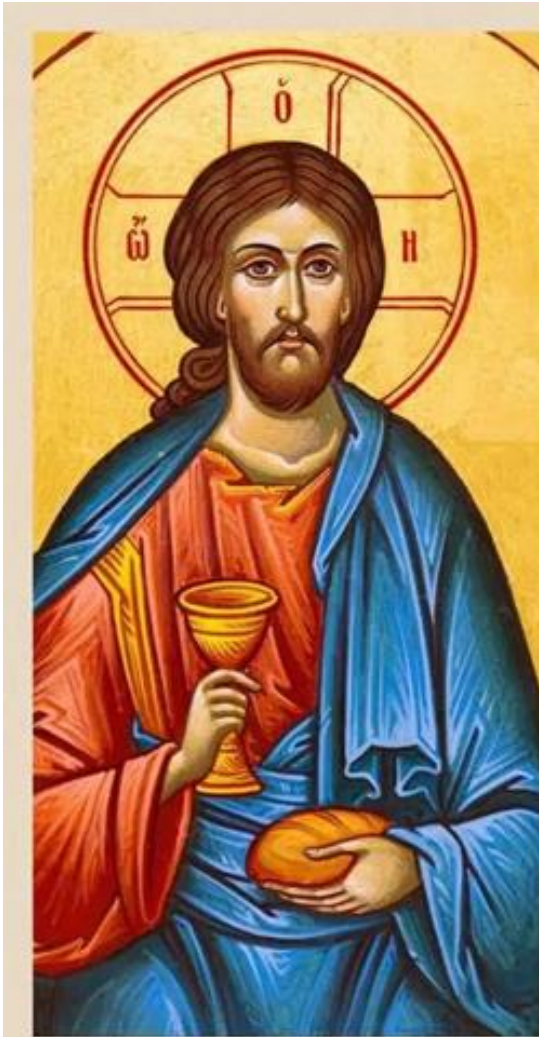
1. In reality or imagination kneel at the foot of the crucifix and say to yourself: "*Jesus, my God and my Saviour, in the midst of your agony, you remembered me, you suffered for me, you wished to wipe away my sins*"
2. Contrition is 'perfect' if you repent your sins because you love God and are sorry for having offended Him and causing the sufferings of Christ on the cross. Before the Crucified Christ remember your sins, repent of them because they have bought Our Lord His sufferings on the cross. Promise him that with His help, you will not sin again.
3. Recite, slowly and sincerely, an act of contrition focussed on the goodness of God and your love of Jesus: "*O my God, because You are so good, I am very sorry that I have sinned against You and by the help of Your grace I will not sin again. Amen.*"
4. Make a firm resolution to go to a sacramental confession as soon as practically possible.

### **How to make a Spiritual Communion**

The key to Spiritual Communion is to grow in your heart a constant desire for the Blessed Sacrament.

1. If you are aware of serious or mortal sin, make an Act of Perfect Contrition
2. Imagine the sacred words and actions of the Mass or watch online or on TV.
3. Make all those acts of faith, humility, sorrow, adoration, love and desire that you usually express before Holy Communion.
4. Desire, with earnest longing, to receive Our Lord present – Body, Blood, Soul and Divinity – in the Blessed Sacrament.

5. Say the prayer of St. Alphonsus de' Ligouri – The Prayer of Spiritual Communion
6. After moments of silent adoration make all those acts of faith, humility, love, thanksgiving and offering that you usually express through prayers after Holy Communion.



## Prayer for Spiritual Communion

My Jesus,  
I believe that You  
are present in the  
Most Holy Sacrament.  
I love You above all things,  
and I desire to receive  
You into my soul.  
Since I cannot at this  
moment receive You  
sacramentally, come at least  
spiritually into my heart.  
I embrace You as if You were  
already there and unite  
myself wholly to You.  
Never permit me to be  
separated from You.

Amen.

